

HOW TO COOK VEAL

SEVERAL Dainty Dishes Prepared for Two People.

Braised Cutlets à la Creole—This will Prove Appetizing—A Chafing Dish to Dispose of Left-Overs.

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Braised Cutlets à la Creole—Melt a tablespoonful of lard in a frying-pan. Chop four small onions fine and let them fry for a moment in the hot lard. Then season four chops, or cutlets, with salt and pepper, dredge them with flour, and place them on top of the frying onions. When they have simmered for a few minutes, turn them; and, at the expiration of another two or three minutes, add two tablespoonfuls of vinegar, a little chopped parsley, a threaded clove of garlic, a bay-leaf and some thyme. Turn the veal from time to time, until it has browned on both sides; then add a coffee-cupful of hot water, cover the pan, and let the water come to a boil quickly. At this point, remove it to the back of the stove, where it can do no more than simmer, and leave it for two hours. Remove the garlic and bay-leaf, garnish with freshly chopped parsley, and serve.

Perfection Stew—Much as many people object to the stew, or to any dish that savors of it, the cook who is willing to take some pains in preparing the viands for her table can serve a veal stew in such a manner that the fact that it is a "stew" will never be suspected. To do this she must first make a rich white sauce by using a heaping tablespoonful of flour and a goodly proportioned piece of butter to a cupful of good milk, or cream. When this sauce has commenced to boil, she must take some thin slices of cold veal and lay them in it, adding half a dozen mushrooms, chopped, and a little minced parsley. Simmer until the meat has become heated through, when it is ready for the table.

Veal in Chafing Dish—The appearance of a chafing dish at supper, or even at luncheon, often adds materially to the delights of the repast, so if you have a chafing dish that can be called into service, try it some day when you want to dispose of some left-overs from the roast of veal. To do this, melt some butter in the pan, and fry some chopped onions in it until they have browned nicely; then add a cupful of veal gravy, or white stock, and lay the slices of veal in it. Season with salt, pepper, and mushroom catsup, and, at the end of two or three minutes, add a well-beaten egg, and serve immediately.

Russian Croquettes—Another minced-veal dish that will appeal attractively to lovers of nice eating is known as "Russian croquettes." To make them, mince a pound of cold veal, and season it with pepper, salt, a little nutmeg and half a teaspoonful of grated lemon peel, and moisten with a sauce made as follows: Heat a coffee-cupful of milk to the boiling point; then add a slice of onion, a stalk of celery, chopped, a bay-leaf, half a dozen peppercorns, and parsley, thyme and mace. Do not let the mixture actually boil, but keep it simmering steadily for fully 15 minutes. Then strain, season to taste with salt and pepper, and thicken with a blend of flour and butter. While this sauce is being prepared, roll some puff paste very thin, and, when the sauce and meat have been combined, shape a tablespoonful of the mixture into the shape of a croquette, and roll it up in a strip of the puff paste, pressing the ends together closely. Have some deep fat ready and fry the croquettes brown. Drain carefully, and serve with mustard, cress, or sorrel and bits of lemon. They must not be put on a cold platter nor kept standing, because, to be really delectable, croquettes should be served very hot.

French Belts.

Parisians are wearing very elaborate leather belts, the leather being much tooled and gilded after the fashion of old bindings, having solid gold buckles. With an ingenious eye for effect many women are wearing them back to front, the deep buckle coming in front, while the narrower one, with its holes for adjusting, goes at the back. This plan gives a pretty sloping line to the waist. The striped leather belt is very fashionable for the moment.

The woman who uses a scent at all should aim to have it individual as well as elusive. Always choose the same perfume or sachet powder. The best effect is gained by keeping sachets of orris root among one's clothes. If the real Florentine orris is bought it keeps its strength indefinitely. If, however, a perfume is preferred, buy the very best you can afford, and then be downright stingy in the use of it. Remember, a mere suspicion of violets or heliotrope is mysteriously fascinating; to reek of them is decidedly vulgar.

FIVE MONTHS IN HOSPITAL.

Discharged Because Doctors Could Not Cure.

Levi P. Brockway, S. Second Ave., Anoka, Minn., says: "After lying for five months in a hospital I was discharged as incurable, and given only six months to live. My heart was affected, I had smothering spells, and sometimes fell unconscious. I got so I couldn't use my arms, my eyesight was impaired and the kidney secretions were badly disordered. I was completely worn out and discouraged when I began using Doan's Kidney Pills, but they went right to the cause of the trouble and did their work well. I have been feeling well ever since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

His Job.

Bishop Potter was staying with a friend in a country house. On Sunday morning as he passed through the library he found a small boy curled up in a big chair deeply interested in a book. "Are you going to church, Tom?" he asked. "No," he replied. "Why, I am," the bishop said. "Huh!" the boy returned, "That's your job."

"What a very thin voice that girl has." "Thin? Why, it's so thin she ought to sing all her music in a skeleton key."—Baltimore American.

Saw It Come Out of a Cow.

A little city boy and his sister Dorothy were taken to the country for the first time.

The two children were happy as the day was long. In the late afternoon they watched the cows come home, heard with delight the tinkling cow-bells, and the little boy even went to the barns to see the milking done.

At supper, just as Dorothy was lifting her glass to her rosy lips, the boy cried out:

"Oh, Dotty, don't! You mustn't drink that milk. It's not fit to drink. It came out of a cow; I saw it."

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Old Church.

The one thousandth anniversary of the founding of St. Peter's church, Chester, England, finds the structure in good condition, portions of it having been rebuilt in 1440 and 1673.

ALL UP-TO-DATE HOUSEKEEPERS Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

Lots of people are poor subjects for a mind reader.

One trial will convince

you that
Sloan's Liniment

will relieve soreness and stiffness quicker and easier than any other preparation sold for that purpose.

It penetrates to the bone, quickens the blood, drives away fatigue and gives strength and elasticity to the muscles.

Thousands use Sloan's Liniment for rheumatism, neuralgia, toothache, sprains, contracted muscles, stiff joints, cuts, bruises, burns, cramp or colic and insect stings.

PRICE 25¢, 50¢, & \$1.00

Dr. Earl S. Sloan, Boston, Mass., U.S.A.



Hospital Story-Telling.

It is curious that philanthropists in search of a novel means of doing good do not engage reciters and story-tellers to visit hospitals and amuse the patients. A rich man in New York engaged Marshall P. Wilder, the diminutive entertainer, who has given pleasure in nearly every city, to visit regularly certain hospitals in New York. Mr. Wilder was welcomed enthusiastically by the convalescent patients, and his merry stories did them good.

By following the directions, which are plainly printed on each package of Defiance Starch, Men's Collars and Cuffs can be made just as stiff as desired, with either gloss or domestic finish. Try it, 16 oz. for 10c, sold by all good grocers.

LEWIS' SINGLE BINDER
5¢ CIGAR HAS A RICH TASTE

"I Gave Up"

"I gave up," writes Mrs. Flossie F. Walea, of Leander, Tex., "the idea of ever getting well. I suffered for months from female troubles, and tried several doctors, but they did me no good. At last I took Cardui and now I am stout and well." Other ladies should learn from this, that

Wine of Cardui

is THE medicine for their ills and troubles. Thousands have written testifying to its powerfully curative effects, in all such disorders, and their letters are surely proof of the true merit of the medicine. Try it. At druggists, in \$1.00 bottles.

WRITE US A LETTER

Write today for a free copy of valuable 64-page illustrated Book for Women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

Wisdom of Solomon.

In a dog case at Felixstowe, England, one witness testified that the dog whose loss was being sued for was worth \$125, while another swore it was worthless. So the judge awarded \$62.50 damages as a fair average.

Don't Delay.

Save a possible serious spell of fever later on by cleansing your system now of its accumulation of impurities. Simon's Sarsaparilla will do it. It makes fine blood, fine appetite, great strength and grand ambition.

It's easier to run up a bill than it is to run down and settle.

Says It's Not So.

Report to the effect that electric lights are detrimental to the eyesight are pronounced unfounded by an electrical expert in the London Times. He says that the trouble arises from too direct exposure of the eye to the light, and that effect would be the same or worse with any other light.

Shake Into Your Shoes

Allen's Foot-Powder. It cures painful, swollen, smarting, sweating feet. Makes new shoes easy. Sold by all Druggists and Shoe Stores. Don't accept any substitute. Sample FREE. Address: A. S. Olmsted, Le Roy, N. Y.

There isn't anything chickenhearted about the game rooster.

ST. JACOBS OIL CONQUERS PAIN

FOR STIFFNESS, SORENESS, SPRAIN OR BRUISE, NOTHING IS BETTER THAT YOU CAN USE; LUMBAGO'S PAIN, RHEUMATIC TWINGE, YOUR BACK FEELS LIKE A RUSTY HINGE; SCIATIC ACES ALL PLEASURES SPOIL, FOR HAPPINESS USE ST. JACOBS OIL.

25c.—ALL DRUGGISTS—50c.

SKIN DISEASES HUMORS IN THE BLOOD

When the blood is pure, fresh and healthy, the skin will be soft, smooth and free from blemishes, but when some acid humor takes root in the circulation its presence is manifested by a skin eruption or disease. These humors get into the blood, generally because of an inactive or sluggish condition of the members of the body whose duty it is to collect and carry off the waste and refuse matter of the system. This unhealthy matter is left to sour and ferment and soon the circulation becomes charged with the acid poison. The blood begins to throw off the humors and acids through the pores and glands of the skin, producing Eczema, Acne, Tetter, Psoriasis, Salt Rheum and skin eruptions of various kinds. Eczema appears, usually with a slight redness of the skin followed by pustules from which there flows a sticky fluid that dries and forms a crust, and the itching is intense. It is generally on the back, breast, face, arms and legs, though other parts of the body may be affected. In Tetter the skin dries, cracks and bleeds; the acid in the blood dries up the natural oils of the skin, which are intended to keep it soft and pliant, causing a dry, feverish condition and giving it a hard, leathery appearance. Acne makes its appearance on the face in the form of pimples and black heads, while Psoriasis comes in scaly patches on different parts of the body. One of the worst forms of skin trouble is Salt Rheum; its favorite point of attack is the scalp, sometimes causing baldness. Poison Oak and Ivy are also disagreeable types of skin disease. The humor producing the trouble lies dormant in the blood through the Winter to break out and torment the sufferer with the return of Spring. The best treatment for all skin diseases is S. S. S. It neutralizes the acids and removes the humors so that the skin instead of being irritated and diseased, is nourished by a supply of fresh, healthy blood. External applications of salves, washes, lotions, etc., while they soothe the itching caused by skin affections, can never cure the trouble because they do not reach the blood. S. S. S. goes down into the circulation and forces out every particle of foreign matter and restores the blood to its normal, pure condition, thereby permanently curing every form of skin affection. Book on Skin Diseases and any medical advice desired sent free to all who write. S. S. S. is for sale at all first class drug stores.

I suffered with Eczema for forty years and could find nothing to cure me until I tried S. S. S. I suffered intensely with the itching and burning; pustules would form from which there flowed a sticky fluid; crusts would come on the skin and when scratched off the skin was left as raw as a piece of beef. I suffered agony in the long years I was afflicted, but when I used S. S. S. I found a perfect cure. There has never been any return of the trouble.

C. H. EVANS, Stockman, Neb.

S. S. S. PURELY VEGETABLE

because they do not reach the blood. S. S. S. goes down into the circulation and forces out every particle of foreign matter and restores the blood to its normal, pure condition, thereby permanently curing every form of skin affection. Book on Skin Diseases and any medical advice desired sent free to all who write. S. S. S. is for sale at all first class drug stores.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Pain Paint

Return this with 25c. and I will mail you a bottle of Pain Paint. Pain Paint stops pain instantly; removes headache, toothache, neuralgia, in one minute; cures faster than any other medicine. A spoonful taken four times a day kills liverworms. Sold 40 years by agents. E. L. WOLFE & Co., 111 West 4th St., New York.

DEFIANCE STARCH—If ounces to the package—other starches only 12 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY.

W. N. U., Oklahoma City, No. 43, 1907.

READERS of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

W. L. DOUGLAS

\$3.00 & \$3.50 SHOES BEST IN THE WORLD

SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.

\$25,000 To any one who can prove W. L. Douglas shoes are not made & sold more than \$3 & \$3.50 shoes than any other manufacturer.

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make, is because of their excellent style, easy fitting, and superior wearing qualities. The selection of the leathers and other materials for each part of the shoe, and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

My 64-page and 66-page Book on Shoes cannot be equaled at any price. The genuine have W. L. Douglas name and price stamped on bottom. Value No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent every where by mail. Catalog free. W. L. Douglas, Brockton, Mass.

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA GREOLE" HAIR RESTORER. PRICE, \$1.00, retail.